

Mental Health Crisis & Counseling Resources for Summer 2022



Crisis Resources:

Call 911 or go to the nearest Emergency Department

King County 24-hr Crisis Line: 1.866.427.4747 or 206.461.3222

Crisis Text Line: Text HOME to 741741

Teen Link: 1.866.TEENLINK (833.6546) or chat at 866TEENLINK.org

Substance Abuse & Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 1.800.985.5900

Transgender Suicide Hotline: 877.565.8860 or [translifeline.org](https://www.translifeline.org)

Mental Health Counseling:

Search [psychologytoday.com](https://www.psychologytoday.com) to find individual counselors and psychiatrists.

Make sure to ask about availability and if they accept your health insurance before making an appointment!

Asian Counseling & Referral Service (ACRS): 206.695.7511 | [acrs.org](https://www.acrs.org)

Consejo Counseling: 206.461.4880 | [consejocounseling.org](https://www.consejocounseling.org)

Crossroads Counseling & Consulting: 425.922.9846 | [crcandc.com](https://www.crcandc.com)

Emmaus Counseling Center: 425.869.2644 | [emmauscounseling.net](https://www.emmauscounseling.net)

Eastside Psychological Associates: 425.458.5048 | [eastsidepsychologicalassociates.com](https://www.eastsidepsychologicalassociates.com)

The Evergreen Clinic: 425.821.1810 (main line option 2), 425.825.9644 (new patient) | [theevergreenclinic.com](https://www.theevergreenclinic.com)

Friends of Youth: 425.392.6367 | [friendsofyouth.org](https://www.friendsofyouth.org)

Kirkland Psychotherapy Inc: 425.522.3969 | [kirklandpsychcare.com](https://www.kirklandpsychcare.com)

Lighthouse Psychological Associates: 425.996.8592 | [lighthouseassociates.com](https://www.lighthouseassociates.com)

Redmond Youth Counseling: 425.968.2079 | [redmondyouthcounseling.com](https://www.redmondyouthcounseling.com)

Sound: 206.302.2300 | [sound.health](https://www.sound.health)

Wellspring Family Services: 206.524.9055 | [wellspringfs.org](https://www.wellspringfs.org)

Youth Eastside Services (YES): 425.747.4937 | [youtheastideservices.org](https://www.youtheastideservices.org)